

# GULF DEFENDER



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## In brief

### Holiday hayride

The Bonita Bay Outdoor Recreation Center will sponsor a hay ride for Team Tyndall at 5 p.m. Dec. 21. Donations of one canned food item per person will be accepted to stock the first sergeant's food pantry.

For more information, call 283-3199.

### Vehicle parking

All vehicles in the Tyndall Military housing area will be parked in authorized spaces — carports, garages or paved parking areas. On-street parking is permitted only on the side of the street opposite the fire hydrants, with four exceptions. On Eagle Drive between Beacon Beach Road and Phantom Street, parking will be on the side with even house numbers; on Dart Avenue parking will be on the odd side; on Falcon Street the even side; and where parking spaces are designated. Motor homes, camping trailers, campers, boats and boat trailers will be parked in the Recreational Vehicle Storage Area when not in use.

Inoperative vehicles may not be parked in any family housing area. All major repairs, such as sanding and painting, are not allowed in the housing area. Housing inspectors will also issue discrepancy notices for parking on the grass.

## Inside

● Breaking law means plenty of exercise ... **Page 4**

● Sights, sounds of Christmas abound ... **Page 9**

● Teen center offers place for fun, growth ... **Page 13**



Lisa Carroll

## Fanciful flight

Dick Mather, Lockheed Martin Aeronautics Company, explains the controls on an F/A-22 flight demonstrator to a Team Tyndall member during tours of the Det. 4, 372nd Training Squadron's facilities. See Page 6 for more information on the event.

# Commander announces AEF ID card

**MASTER SGT. MICHAEL BRIGGS**

Air Education and Training Command public affairs

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)** — Members of Air Education and Training Command will soon have a second identification card in their possession.

By Feb. 1, units in the command will issue Air and Space Expeditionary Force identification cards to all deployable airmen to further increase awareness of the AEF mission.

In announcing the program in a Nov. 19 memo, Gen. Don Cook, AETC commander, said the ID cards “reinforce our commitment to the AEF concept and its promises of predictability and stability.”

Gen. John Jumper, Air Force chief of staff, announced the AEF ID card concept recently and requested each major command develop the card.

In addition to listing the AEF cardholder's name and unit, the card includes the AEF to which the person is assigned and a calendar chart that shows the person's deployment schedule.

“These ID cards will provide every deployable airman with a visible sign of our AEF commitment and provide them with advance notice of their AEF vulnerability window,” General Cook said.

An approved AEF ID card template is posted on the AEF Center Web site at <https://aefcenter.acc.af.mil/aefonline/>. Commanders may use the design provided on the Web site or a unit specific design. The cards may also be laminated and customized to meet specific unit needs, said Col. Tony Imondi of the AETC Readiness Division.

At a minimum, the following information is required on the card and cannot be modified or eliminated: name, rank, unit assigned and

AEF assigned on the front of card, and AEF cycle chart and AEF Web site addresses on the back of the card, Colonel Imondi said.

General Cook said the AEF ID card is another tool to teach and reinforce the expeditionary mind-set as AETC increases its commitment to AEF operations. The command had 7,000 people eligible to support the first AEF cycle. That number rose to 13,000 in the current cycle and will rise again to 20,000 in the next AEF cycle scheduled to begin in June 2003.

“From the fields of basic training to our classrooms and flightlines, we need to take advantage of every opportunity to hone those skills required to be successful in our new expeditionary role,” the commander said. “AETC warriors are now filling Expeditionary Combat Support positions throughout the world in support of both steady state and crisis-response taskings.”

# As holidays approach, make time for yourself

**BRIG. GEN. LARRY NEW**  
325th Fighter Wing commander



It's hard to believe, but we are less than two short weeks from the Christmas holiday. I hope everyone is getting his or her pre-holiday on- and off-duty priorities accomplished — with as little stress as possible.

While there's practically no shortage of things to do this time of year, the only shortage seems to be one of our most precious commodities — time. As such, I'd like to remind people to take time out for themselves and their families. After all, spending time with family and friends and reflecting on our many blessings is what this time of year is all about. For those of us who will not be able to visit relatives, it's nice to know we're part of an Air Force family that cares about us.

This is also the time our squadrons will be busy with their own holiday celebrations. These events are a great opportunity to get together in a relaxed atmosphere and recharge and enjoy the camaraderie we all share within our respective units — a vital part of military life.

And while I'm mentioning our base units, I'm happy to announce the winner and runners-up of the Team Tyndall Christmas Card contest. Taking first place was the 372nd

Training Squadron, Detachment 4. First runner-up was Headquarters Southeast Air Defense Sector, while second runner-up was Headquarters Air Force Civil Engineer Support Agency. All three of these organizations received some great prizes through our 325th Services Squadron Outdoor Recreation office. These included free pontoon or runabout boat outings and pavilion rentals for future unit recreational events.

If you've driven through the Illinois Gate, you've seen these wonderful displays of creativity and craftsmanship. Congratulations to our winners, and thanks to all who participated in this year's contest. All of the card entries showed great imagination and added a special holiday touch to our base.

With the new year right around the corner, it probably goes without saying that one of our top resolutions will involve improving physical fitness. That's always a great idea, but we as commanders and supervisors need to ensure we're helping our people look at fitness as a year-round readiness program, especially in this new era of the expeditionary Air Force. We have to ensure our people are



**Brig. Gen. Larry New**

fit and ready to fight, wherever and whenever our national command authority needs us. Back in September, Gen. Donald Cook, commander of Air Education and Training Command, directed each of his commanders to ensure they provide viable fitness programs that allow permanent party military members time during their duty day to participate in physical conditioning at least three times per week. I'd encourage everyone to commit to a personal fitness program.

To sum it up, proper physical fitness is a force multiplier. It will improve the general health of our people and our mission accomplishment. The Air Force provides facilities and programs for physical conditioning. Let's use them to maintain a fit and healthy force.

On another note, we sent out a base-wide e-mail last week, announcing Tyndall will be playing "Retreat" over the base "Giant Voice" public address system. We will continue to do so at 5 p.m. Monday through Friday. To refresh your memory on how to properly observe this custom, please turn to the related information on Page 15. I'm proud to re-instate this very important program, and I hope you are equally eager to show your respect to our nation's flag and heritage.

Before I close, I need you to mark some very important dates on your 2003 calendar.

The 325th Fighter Wing is currently scheduled for an Operational Readiness Inspection

and Unit Compliance Inspection **June 22 to July 1**. I have told commanders that my philosophy is that if we're doing our jobs correctly we should be prepared for any inspection. Now is the time to look at ourselves and ensure we're doing our jobs correctly. Nineteenth Air Force and Air Education and Training Command Headquarters will conduct a series of staff assistance visits in the coming months that are an opportunity for us to have an independent assessment of our functions, and serve as preparation for the ORI/UCI. As an example, 19th Air Force safety staff will conduct a staff assistance visit here **Jan. 14-17**. If your functional area has an upcoming SAV, please capitalize on the opportunity to make sure we're in compliance and have effective programs. If you don't have an upcoming SAV, work within your unit and be prepared.

On **March 22-23**, we will open our gates to the public for the 2003 Gulf Coast Salute open house and air show. Also, it has been officially announced that the U.S. Air Force Thunderbirds will highlight this event. Our local planning process has already begun, and I'm looking forward to seeing the 2003 Gulf Coast Salute take shape. Stay tuned, because the Gulf Defender will keep you periodically updated on related events as these dates draw closer.

Have a safe and successful week!

# Take care in planning, taking holiday trips; we need you back

**GEN. DON COOK**  
Air Education and Training Command commander

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)** — As we approach the holiday season, most of us are making plans to spend time with friends and families and to take advantage of some much deserved downtime.

On the other hand, I recognize right up front that many of our folks will be away from home and loved ones in defense of our freedoms and in support of our national interests as our nation remains engaged in the war against terrorism. To you, I express the heartfelt appreciation of your country, your Air Force and your command. You are and will be remembered during this holiday season as we look forward to your safe return.

To those who are traveling, my message is simple ... be careful. Driving during poor winter weather on crowded roadways may be the most dangerous thing you do all year. Specifically, the Air Force suffered the loss of 11 of our own during last year's holiday season. In our own AETC, a young airman basic died four days before Christmas while driving home ... a terrible tragedy.

Commanders and supervisors at every level have developed and implemented safety nets in the form of procedures to help ensure our folks are rested and well prepared for a safe journey home. The tools of sound risk management can help that process. Ultimately though, it's up to the individuals to follow the rules, to obey the posted speed limits and to drive within their capabilities

and in consideration of road conditions.

Since 40 percent of last year's 72 total Air Force and command vehicle fatalities involved alcohol, I remind each of you to obey the law and don't drink and drive. Lastly, drive defensively and wear your seat belts.

I expect commanders and supervisors to be involved in reviewing the travel plans and off-duty high risk activities of all assigned personnel, especially those between the ages of 18 and 25, since that group represented 70 percent of our Air Force off-duty fatalities last year.

Your country, your command and your unit need you back at work fit, healthy and ready for the challenges we are sure to face in 2003. I wish you and your family a happy and safe holiday season.

### Gulf Defender Editorial Staff

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil). Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



# Officials provide deployment tips to ease transition

**AIRMAN 1ST CLASS KARA PHILP**  
56th Fighter Wing public affairs

**LUKE AIR FORCE BASE, Ariz. (AETCNS)**—With the recent series of wing exercises testing readiness and with increasing tension in real world events, readiness officials remind airmen to take deployment preparations to heart.

For some units, this means working overtime and training more members than usual to meet deployment requirements.

For some people, deploying may be a favorite pastime, while it may be a new experience for others.

To ensure deployment-eligible people are prepared, they receive mobility checklists that outline required action items. Although those items may keep a deployed person clothed and clean, it may not keep them entertained or prepared for the worst.

While preparing or packing for deployment, resealable plastic bags are recommended to prevent spills in the event a bottle or seal breaks. Resealable bags can also keep rain or contaminants out of belongings.

When it comes time to create ‘your section’ of the tent, if that is what you’ll be stay-

ing in, members might find makeshift walls made of string and sheets key to privacy. String can also serve as a clothesline.

Mini-lamps, battery-operated alarm clocks and earplugs are helpful for creating a more comfortable environment for members who work swing- or mid-shifts.

For entertainment, portable compact disc or cassette players, extra batteries, books, a deck of cards and other games are popular choices.

Sunscreen and insect repellant may make hours spent outdoors more enjoyable.

As homesickness begins to set in, things as simple as an address book, stamped envelopes or just a list of e-mail addresses will be helpful for keeping in touch.

Candy or snacks that won’t melt, attract animals or insects or go bad may be the best way to hold your appetite until the next meal ready-to-eat.

Additional items vary for everyone. “Everyone deployed seems to want to exchange coins, so it’s a nice thing to bring along if you want to exchange with someone once you get there,” said Senior Airman Nathan Bullard, a 56th Communications Squadron

network administrator. “A camera, although on typical deployments you don’t get a lot of photo opportunities, is a great way to remember your experiences.”

Airman Bullard also suggests bringing a debit card when deploying.

“A debit card is a must,” Airman Bullard said. “You never know what might come up, whether it’s a gift shop in Ireland or an extended layover at Baltimore Washington International Airport.”

People agree some of the most important things to have while deployed include photos of home, friends and family, account numbers for bills, shower shoes, locks to secure belongings, pens and paper and cold- and warm-weather clothing alike.

Staff Sgt. Jason Schieble, 56th Security Forces Squadron industrial security manager, emphasized the importance of selecting items to pack carefully.

“Don’t over pack,” he said “Don’t bring a lot of civilian clothes; there really are not too many times you’ll go off base. Use ‘A’ style bags as often as possible — civilian luggage is not recommended. Try not to take more than three bags. Airlines charge extra, and

it’s more to carry.” No matter what’s important to each individual, the key is getting it together and being ready.

Airman Bullard said being prepared was important for his deployment because it alleviated many last-minute worries.

“(Being prepared) makes it less stressful come deployment time,” he said. “Why focus on things like remembering to buy something tomorrow, when you can focus on taking care of other issues? But the most important thing I found was that my bills were straightened out before I left.”

Some things people need to have in order when deploying include an updated Defense Department Form 93, Record of Emergency Data, current wills, powers of attorney and prearranged family care.

“Last but not least — if a rare opportunity to see what lies outside the gates of the base (at the deployed location) arises, snatch it up,” Sergeant Shieble said. “It may be a once-in-a-lifetime chance.”

For more information, visit the Air and Space Expeditionary Force Center Web site at <http://aefc.langley.af.mil/>.



# Breaking law means plenty of exercise

SENIOR AIRMAN GREGORY  
HINCHLIFFE  
325th Security Forces Squadron

Anyone operating a vehicle on any military installation falls under the base traffic code and therefore needs to know the policies involving suspension/revocation of their base driving privileges.

Some offenses that could cause suspension or revocation of driving are intoxicated driving, driving under the influence, driving while impaired and refusing to submit to a chemical test. Also, reckless driving with alcohol involved, refusal to consent to a test of bodily fluids, failure to wear a safety belt and unlawful speed in base housing (30-day suspension for first offense) can also cause suspension of driving privileges. In addition to these, an accumulation of 12 traffic points in a 12-month period, 18 in a 24-month period or three parking violations in a six-month period can result in suspension of base driving privileges.

The installation commander may suspend or revoke base driving privileges and vehicle registration for lawful reasons both related and unrelated to traffic violations or safe vehicle operations.

If a driver is charged with any alcohol-related driving incident or refusal to submit to a chemical or bodily fluids test, the driver will be given a "Preliminary Suspension of Driving Privileges" letter. The letter initially suspends base driving privileges for 30 days; the motorist may request a hearing to appeal the preliminary suspension but it must be submitted in writing within 10 days of the day the preliminary suspension was issued.



Staff Sgt. Roel Utley

**Staff Sgt. Alijhondroe Wiley, 325th Security Forces Squadron, checks speeds in base housing. Speeding in housing areas results in suspension of base driving privileges.**

The hearing request must be approved by the violator's commander and routed through security forces reports and analysis to the support group commander or deputy commander. Once a hearing has occurred, if the offender is found guilty the violator will then be issued a "Revocation of Driving Privileges" letter, which is effective for one year from the violation

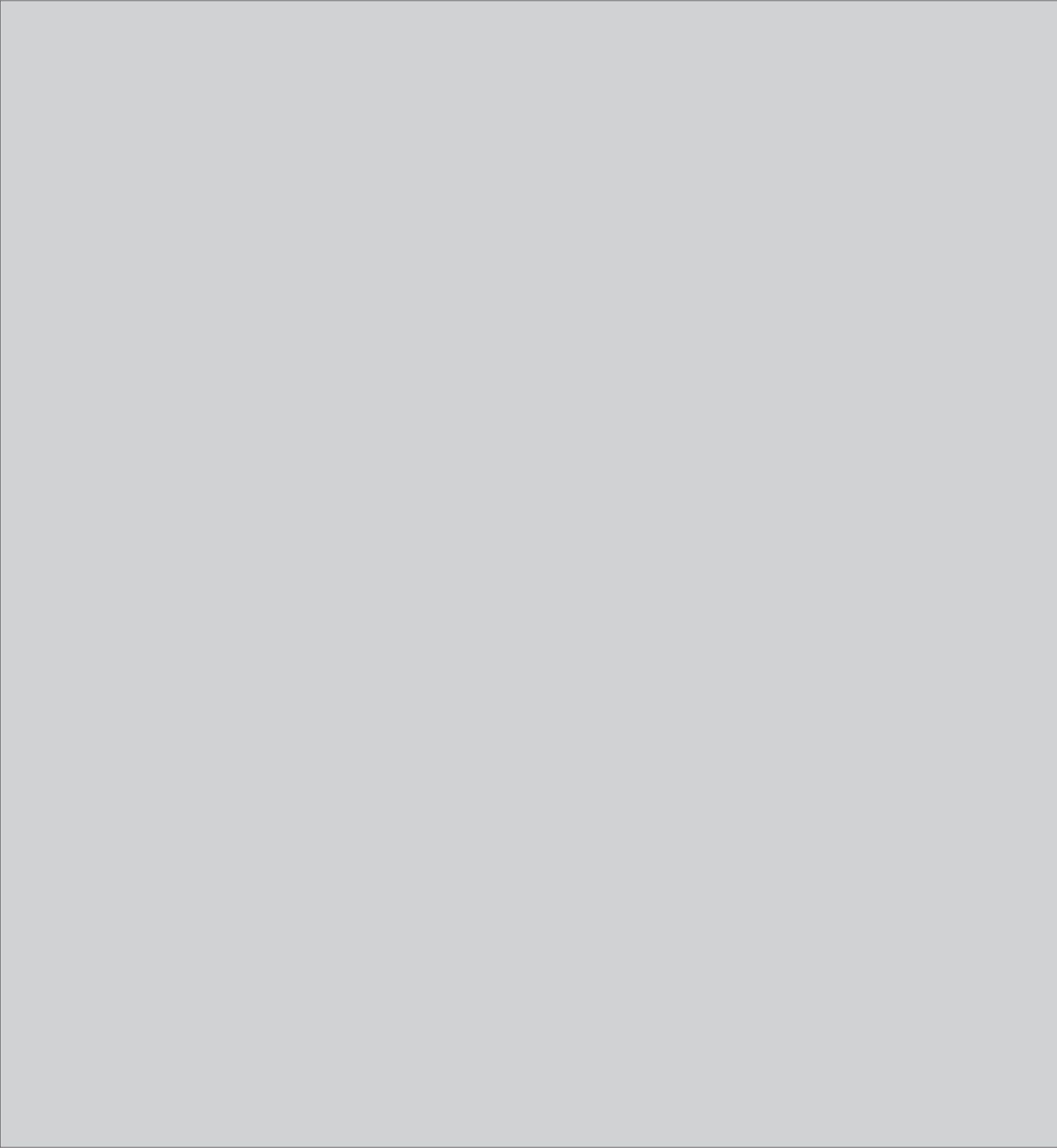
date. The violator may also request restricted driving privileges by submitting a commander-approved letter through security forces reports and analysis to the support group commander.

If you have any questions regarding the base traffic code or suspension/revocation of driving privileges, call security forces reports and analysis at 283-9915.

## ARTICLES 15

*The following Article 15 actions took place here in November.*

- A senior airman from the 325th Aircraft Maintenance Squadron was reduced to airman first class (suspended) for violating a no contact order.
- An airman first class from the 325th AMXS was reduced in rank to airman and given 30 days extra duty for driving under the influence.
- A senior airman from the 325th AMXS was given 28 days extra duty for failing to complete an engine inspection.
- An airman first class from the 325th AMXS was reduced to airman and given 30 days extra duty for failing to complete an engine inspection.
- A senior airman from the 325th AMXS was given 28 days extra duty for failing to complete an engine inspection.
- An airman first class from the 325th Maintenance Operations Squadron was reduced to airman (suspended) and forfeited \$300 pay for underage drinking.
- An airman first class from the 325th MOS forfeited \$300 pay for underage drinking.
- An airman basic from the 325th MOS forfeited \$500 pay for two months for underage drinking and being drunk on duty.





# Wing experiences F/A-22 first look, first shot, first kill capability

SENIOR MASTER SGT. ROB FULLER

325th Fighter Wing public affairs

The first Tyndall Raptor is still several months from flying over Bay County skies, but that didn't stop more than 300 Checkertail Clan members, community leaders and the local media from "flying" an F/A-22 here.

The visitors and wing members flew simulated missions Dec. 3-5, courtesy of Lockheed Martin's F/A-22 Traveling Cockpit Demonstrator. The demonstrator showcases, in an unclassified manner, the Raptor's capabilities. Its displays replicate the layout of the F/A-22 and give the audience a chance to observe a number of scenarios, including air-to-air engagements, multi-mission air-to-ground deliveries and multi-ship employment using in-flight data links in a modern threat environment.

"This was a great opportunity for our wing, the community and media, to see first-hand the capabilities of this revolutionary fighter," said Lt. Col. Leigh Hinkle, 43rd Fighter Squadron operations officer.

The simulated missions highlight the operational effectiveness, which results from the Raptor's blended design features — stealth, supercruise, advanced integrated avionics and enhanced maneuverability.

Lockheed Martin representatives — on behalf of the entire industry team — also presented the 325th Fighter Wing with a one-fifth scale model of the F/A-22, which is on display in front of the F/A-22 Academic/Simulator Facility.

"The week's events welcomed the Tyndall community as an integral part of the F/A-22 Raptor Air Force-Industry Team and demonstrated our commitment to supporting the 325th Fighter Wing mission for the United States," said



Photos by Lisa Carroll

**Lt. Col. Leigh Hinkle, 43rd Fighter Squadron operations officer, discusses F/A-22 capabilities with visitors at the Raptor concept demonstrator area.**



**Base honor guard members post the colors during the dedication ceremony for the one/fifth-scale F/A-22 model.**

Jim Conlin, Lockheed Martin Aeronautics Company, F/A-22 Program Office.

Despite national attention surrounding the F/A-22 program cost overrun, Team Tyndall continues to prepare for the first aircraft arrival in the summer of 2003. Most recently, the first F-119 engines arrived and will soon begin test runs.

Industry partner Pratt & Whitney makes the Raptor engines used in the F/A-22. The engine is officially reported as being in the 35,000 pounds of thrust class, making it the most powerful engine produced for a fighter. Detachment 4, 372nd Training Squadron is also slated to receive their engine trainer this month.

On the construction scene, the



**Staff Sgt. Adam Sparks, 325th Services Squadron, flies a simulated F/A-22 mission.**

Academic Simulator facility reaches completion in mid-January. Currently, contractors are installing full-mission trainers in the facility. Work continues on the Low/Observable Composite Repair facility and the Maintenance/Operations Hangar.



# Captain boards eliminated

**WASHINGTON (AFPN)** — The Air Force will eliminate captain central selection boards for active-duty, Guard and Reserve officers beginning in 2003. The move will not only streamline the process for eligible first lieutenants — placing the decision point for promotion closer to those who know the officers best — but will benefit the Air Force in other ways as well, according to Col. Dale Vande Hey, director of personnel programs for the Air Force Personnel Center at Randolph Air Force Base, Texas.

“Aside from placing the promotion decision maker closer to the officer, it also saves the Air Force time, money and productivity by eliminating temporary duty trips for board members and preparation time at the centers,” Colonel Vande Hey said.

Promotion decisions will now be made at the major command or equivalent level, Colonel Vande Hey said. Previously, active-duty captain selection boards were held at the AFPC, while Reserve and Guard captain selection boards were held at the Air Reserve Personnel Center in Denver.

“With the possibility on each board to promote 100 percent of those eligible, and with an historical 99 percent active-duty selection rate, it only seemed logical to make this change,” Colonel Vande Hey said.

The 2002 National Defense Authorization

Act permits the service secretaries to eliminate captain promotion boards when the promotion opportunity is 100 percent.

Despite the absence of a central review, individuals will still need to be “fully qualified” to be promoted. This means everyone who is determined to be qualified can be promoted.

First lieutenants meeting the time-in-grade and time-in-service requirements will be initially recommended as either “promote” or “do not promote” candidates. Members who receive a “do not promote” recommendation will be provided an opportunity to rebut that recommendation.

Recommendation to captain for active-duty officers will take place one year preceding the quarter in which an individual is eligible to pin on, which is based on the two-year date of rank anniversary.

Recommendation to captain for Reserve officers will take place twice a year, which parallels current board cycles. Guard captain recommendations will take place once a year, one year preceding the projected pin-on date.

For more information, active-duty officers should contact their local military personnel flights, and Reserve and Guard officers should call ARPC at (303) 676-6398 or 7193.

## Checkertail Salute



Steve Wallace

**Sergeant Lemond is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.**

The Checkertail Clan salutes Sergeant Lemond who led the sortie generation flight for 90 days and anchored the 1st Fighter Squadron Air Force Outstanding Unit Award and the Air Education and Training Command's Daedalian Award for the 325th Fighter Wing.

### Master Sgt. Mark Lemond

**Duty title:** Production superintendent

**Unit:** 1st Aircraft Maintenance Unit

**Time on station:** 5 years

**Time in service:** 21.5 years

**Hometown:** Winslow, Ind.

**Hobbies:** Golf, scuba diving and martial arts

**Goals:** Complete bachelor's degree in professional aeronautics

**Favorite thing about Tyndall:**

The gym

**Pet peeves:** Rude people

**Favorite book:** Bible

**Favorite movie:** “Hunt for Red October”

*The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.*



**Think  
before  
you  
drink.**

# Holiday blues

## Don't let holidays get you down, help is available

**MAJ. (DR.) ROBERT KLUKOFF**  
325th Medical Operations Squadron

The holiday season can often trigger the highest of spiritual ideals, but it can also bring out a certain amount of materialism. On the positive side, this can result in feelings of joy and generosity. We can be inspired to reach out to family, friends or random people on the street.

For some, the "holiday spirit" can deteriorate into something chaotic, sad and painful. The holiday season can become financially and personally draining, leaving people exhausted, hassled and annoyed.


The most central issue in the "holiday blues" is personal feelings of what should be, but is not. There is the propensity to measure family relationships against the "ideal" families portrayed on television and movies. If someone is currently having difficulties within their family, is separated from loved ones or alone, or is faced with chronic or temporary life challenges such as illness or financial hardship, the comparison between what is real and what is expected can be painful.

The good news is that the holidays create a time when people can reassess where they are and find out what is truly important. There are strategies to help keep us on a positive track during this intense and emotional time.

### Strategies to combat "Holiday Blues"

- ❑ Be aware that negative feelings during the holidays are normal. We should feel and express the emotion, for however long it is appropriate to do so, but then let it go.
- ❑ Focus on what is truly meaningful to you. It is so easy to be distracted by the petty and material things during the holiday season. Focusing on the truly meaningful can release us from unrealistic expectations.
- ❑ Share. Sharing is particularly healing and personally beneficial during the holidays. First of all, it gets us out of ourselves. When we share, we step outside ourselves and focus on something else. This in turn makes your feel better about yourself.
- ❑ Maintain/develop a spiritual connection by participating in something larger than yourself. Loosely defined, spirituality is how individuals find a unique, nurturing, deeply emotional connection with something greater than themselves.

If you or someone you know is experiencing holiday blues and would like to speak to a professional, call the life skills support center at 283-7511.



### Got a thirsty tree?

Check live Christmas trees to ensure they don't dry out. Tree bases should be cut at an angle to maximize water absorption.

## Last Words:





# Yuletide, Tyndall style



When the weather outside turned frightful, Tyndall Youth Center children brought their Christmas carols indoors for a base theater audience Dec. 5.

Lisa Carroll



From background, Col. Joseph Sokol, 325th Mission Support Group commander, Lt. Col. Gregory Parsons, 325th Services Squadron commander, and Saundra Lockwood, 325th SVS, judge entries in the base Christmas card contest Dec. 5.

Lisa Carroll



Tech. Sgt. Dan Neely

The top prize for the base Christmas card contest went to Detachment 4, 372nd Training Squadron, for this winning display.



Tech. Sgt. Dan Neely

Electrician Marty Suggs strings lights on the base Christmas tree Dec. 3.



Lisa Carroll

St. Nick makes an appearance at the base theater Dec. 5.



# Deployments and children: Helpful tips for parents

**MAJ. (DR.) DAVID ROSSO**  
325th Medical Operations Squadron

With recent events, there has been a tremendous rise in the number of military personnel placed on mobility rosters. Deployment carries with it multiple concerns, ranging from personal feelings about the deployment to appointing a power of attorney, etc. For those individuals with children, there is an added dimension to these concerns.

Some guidelines on how best to communicate with your children before and during the deployment are offered here. Keep in mind that this is a general guide, and that individual modifications may need to be made in certain circumstances. For more detailed information, ask your child's doctor.

**Before deploying:**

1. *Talk to your child about the deployment.* Some parents are concerned that this only gives children "time to worry." But, keep in mind that children can usually sense when something is about to occur and will worry more if they aren't told about it. Knowing about the deployment will give them some time to adjust.

2. *Spend quality time with each child.* Children under age 8 are generally willing to accept a half-hour of "face-to-face" communication, while older children appreciate being consulted on where this time together will take place and its duration.

Hug your child. Displays of affection are powerful forms of communication.

Use some of this time to share your pride in your squadron/Air Force, and the purpose of your deployment. Typically, at about age 6, children begin to understand the concept that certain events have to occur for the benefit of everyone. It's a little easier for a child to let go, if they view mom or dad as being a vital part of the mission.

3. *Visit your child's teacher.* Frequently, children react to the deployment by misbehaving in class or performing poorly in their studies. If their teacher is aware of the situation, she/he will be in a better position to be sensitive and encouraging.

4. *Plan for communicating.* Encourage children to brainstorm the many ways communication can occur;



**Staff Sgt. Joe Neubaur holds his 4-year-old daughter, Katlyn, in the passenger terminal at Dover Air Force Base, Del., after returning from a three-month deployment to Kandahar, Afghanistan, as part of Operation Enduring Freedom.**

such as letter writing, recorded cassette tape message exchanges, photographs with their parents, pictures drawn by preschoolers, unusual stationery and others.

5. *Help children plan for the departure.* Allow your child to help you pack your bags. Suggest a swap of some token. Give your child something that belongs to you in exchange for something of your child's that can be packed in your duffel bag.

Discuss the division of household chores, allowing your child (as much as possible) to decide which ones they would rather do. Both parents need to agree that the division of chores is reasonable; and the role of disciplinarian must be supported by the departing spouse.

**During deployment /long-distance parenting:**

Some separated parents find it so emotionally difficult

to be away from their children that they withdraw and become significantly less involved in the lives of their children while they are apart. This, obviously, is not good for the parent or the child, not to mention the difficulty it causes the parent/caregiver who remains at home with the child.

It's extremely important for a child to know that the deployed parent is thinking about them and missing them. It's the little things that mean a lot to a child.

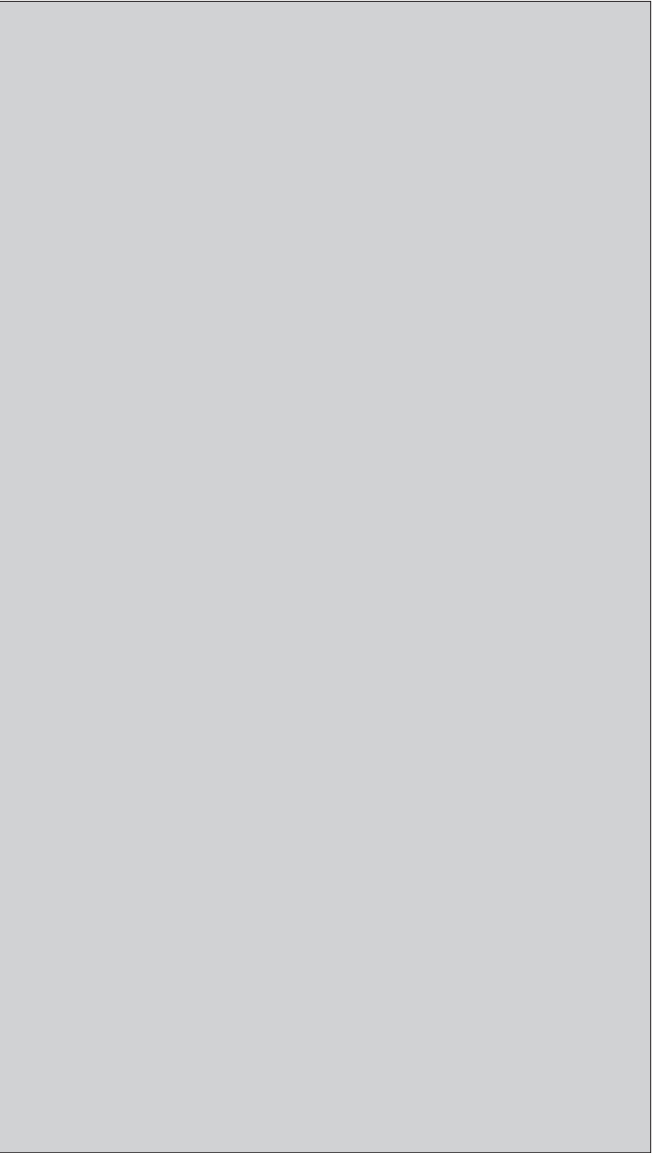
Listed below are some ways to show a child that you are still very much involved in their life:

1. *Letters and cards.* The content and length aren't nearly as important as the presence of something in the mail, addressed only to them, from the deployed parent. When sending picture postcards, make little notes about what is seen in the photo. Any small thing that personalizes the card will mean a great deal to your child.

2. *Pictures and articles.* Send pictures or articles from local newspapers or magazines. This will help them feel connected to where you are living and show them what life is like there.

3. *Tape-recorded messages.* It's great for a child to hear the sound of his or her parent's voice. Sing a song, tell a story or read scripture. You can take the recorder with you to your job, or when visiting other members of

●SEE DEPLOYMENT PAGE 11





● FROM DEPLOYMENT PAGE 10

your unit. Describe your surroundings, the time of day, the weather or anything that helps your child picture where you are and what you are doing.

4. *Birthdays and holidays.* Try not to forget birthdays and special holidays that would be important to your child, including special days such as Halloween and Valentine’s Day. When sending your child a card, don’t forget that kids get a kick out of home-made cards from mom or dad.

5. *Phone calls.* Schedule phone calls when your child is likely to be home. Keep a list (mental or written) of things you want to tell them, such as their extra-curricular activities, school, friends, pets, etc. Ask your child to send you things from the activities in which they’re involved, such as dance lessons, soccer, youth groups, etc.

6. *Special gift.* Send your child an age-appropriate gift that is special and just for them. Examples include a special notebook for school, a book for coloring or reading, or a keepsake from where you are stationed.

**Tips for the spouse left behind:**

1. *Measure the passage of time.* Give your child a method to measure the passage of time. Some families use a ceremonial method, crossing-off of each day on the calendar, or tearing a link off a construction paper chain, where each link represents one day or one week that the deployed parent will be away.

2. *Keep your deployed spouse well informed.* Don’t deprive your spouse of information concerning what is happening at home, or the way in which things are being managed, because you’re afraid of worrying them or distracting them on the job. (One parent was spared the knowledge that his son was hospitalized for emergency surgery.)

3. *Be responsible for all discipline.* Don’t fall into the trap of saying “Just wait until your father/mother gets home!” A child can’t be expected to greet a parent returning from a deployment with joy and hugs, when that parent has been portrayed for months as the “ultimate punisher.”

In summary, communication is the key. One of the great things about children is that they know when they are loved, and they can feel that love when it’s demonstrated in many little ways.

If you would like additional information concerning deployment and children, visit [www.afcrossroads.com/famseparation](http://www.afcrossroads.com/famseparation), or speak with your child’s pediatrician/primary care manager.



## Your link to what's going on

# Gulf Guide

## in the Tyndall community

### DECEMBER

**FRI**  
**13**

#### ERAU appreciation day

Embry-Riddle Aeronautical University's faculty and student appreciation day is 2:30-5:30 p.m. today in the student commons area of the base education center. All current students, alumni, past and present instructors are invited to attend. Refreshments will be served.

#### Troy State registration

Registration for Troy State University's Term III will continue 8 a.m.-5 p.m. weekdays through Wednesday in Room 44a of the base education center. For more information, call the education center, 283-4449.

**SAT**  
**14**

#### Free preview screening

Free motion picture preview screenings of "The Wild Thornberrys" will be 2 p.m. Saturday and 5 p.m. Sunday at the Tyndall theater. Tickets can be picked up on a first-come first-served basis at the Tyndall Main Exchange customer service desk, the food court, Tyndall's Burger King and the theater. There are no guaranteed seats and free tickets must be presented for admission to the screenings.

**SUN**  
**15**

#### Protestant music cantata

The Tyndall Chapel invites all to celebrate the birth of Christ at "The Wonders of Christmas," a Protestant music cantata at 6 p.m. Sunday in Chapel 2. For more information, call 283-2924.

#### Chapel religious education

The Tyndall Chapel offers religious education 9:30-10:30 a.m. Sundays for Protestants and 11 a.m.-noon Sundays for Catholics. Both sessions will be held at the spiritual fitness building. For more information, call 283-2925.

**TUE**  
**17**

#### Focus 56 meeting

A Focus 56 meeting for all staff sergeant selects through technical sergeants will be 3 p.m. Tuesday in the NCO Academy auditorium. For more information, call Tech. Sgt. Bryon Nelson, 283-8701, or visit the Web site, [www.tyndall.af.mil/FOCUS56/default.htm](http://www.tyndall.af.mil/FOCUS56/default.htm)

**WED**  
**18**

#### Protestant youth group

The Tyndall Chapel's Protestant Youth Group meets 5-8 p.m. Wednesdays in the

spiritual fitness center. For more information, call the Chapel 2 office, 283-2925.

#### Thrift shop hours

The Tyndall Thrift Shop will be closed for the holidays from Wednesday-Jan. 3 and will re-open Jan. 8, 2003. For more information or to volunteer, call 286-5888.

**FRI**  
**20**

#### Assumption of command

Lt. Col. George Zaniewski will be taking command of the 325th Maintenance Squadron on Dec. 20. A ceremony will be held at 3 p.m. in Hush House 2. All are welcome to attend.

#### GCCC office closure

The Gulf Coast Community College office in the education center will be closed on Dec. 20. For more information, call 283-4332.

**MON**  
**23**

#### Commissary Christmas hours

The Tyndall commissary's operating hours for the Christmas and New Year's holiday period will be as follows:  
Dec. 23 – open; Dec. 24 – open until 4 p.m.; Dec. 25 and 26 – closed; Dec. 30 – open; Jan. 1 and 2, 2003 – closed.

#### Family practice holiday hours

The family practice clinic will be closed on the following days: Dec. 24 and 25, Dec. 31 and Jan. 1. In addition, the clinic will be half-staffed Dec. 23-27 and Dec. 30-Jan. 3.

#### GCCC holiday hours

The Gulf Coast Community College office in the education center will close for the Christmas holiday at 4 p.m. Dec. 23 and re-open 8 a.m. Jan. 2. For more information, call 283-4332.

### NOTES

#### Holiday cookie drive

Tyndall's Annual Cookie Drive, sponsored by Team Tyndall, is scheduled for Monday. Donations of homemade cookies are needed which will be distributed to the airmen in the dormitories, along with the troops who are deployed here in support of Operation Noble Eagle. Cookies are needed for approximately 500 airmen. Cookies can be dropped off behind the commissary between 7-8:30 a.m. Monday. For more information, call Mrs. Resa Cochran, 286-1791, or Master Sgt. Alfredo Lopez, 283-3309, or e-mail [alfredo.lopez@tyndall.af.mil](mailto:alfredo.lopez@tyndall.af.mil).

#### Housing office hours

The 325th Civil Engineer Squadron's Housing Flight office hours are now 7:30 a.m.-3:30 p.m. Monday-Wednesday and Friday; and 11 a.m.-3:30 p.m. Thursday. The housing office will be closed Thursday mornings for training.

#### Guardian ad Litem training

Training will begin soon for anyone interested in joining the Guardian ad Litem Program. Guardian ad Litem volunteers represent abandoned, abused and/or neglected children in court. For more information, call 747-5180.

### RETIREE NEWS

#### Volunteers needed

Many of the work centers at Tyndall that provide support for retirees - such as the medical clinic, retiree activities office and Airman's Attic - are in need of volunteers. If you have as little as four hours per week that you can work in one of these centers, then your help is needed now. No experience is needed; the work centers will provide training. For more information, call Mr. James Lewis in the family support center, 283-4204, or Ms. Catherine Tarrant, 283-4909. Interested individuals can also call the retiree activities office at 283-2737 or stop by the office on the second floor of Building 662.

#### 2002 TRICARE handbook

The 2002 TRICARE Handbook is now available for distribution to beneficiaries and providers worldwide. The new handbook highlights all three TRICARE options - Prime, Standard and Extra - and the many health-care programs and benefits added since the 1997 edition. The handbook is available in the retiree activities office, the benefits and counseling office in the main clinic and at the TRICARE service center. An electronic version of the handbook can also be viewed or downloaded at: [www.tricare.osd.mil/TricareHandbook](http://www.tricare.osd.mil/TricareHandbook).

### YARD SALES

The following yard sale is scheduled for Saturday: 3635 Harlow Drive. All yard sales are held between 8 a.m.-4 p.m.

### BASE THEATER

**Today:** "Ghost Ship" (R)  
**Saturday:** 2 p.m. Free Preview: "The Wild Thornberrys" (PG)  
7 p.m. "Tuck Everlasting" (PG)  
**Sunday:** 5 p.m. Free Preview: "The Wild Thornberrys"  
**Thursday:** "Formula 51" (R)

*Note: Sunday show time only has changed to 5 p.m.*

### CLASSIFIEDS

Pine-frame futon sofa/bed, black cushion with tan outer cover; \$150; Graco baby swing, battery-powered, \$30; bouncing bassinet, \$30. Call 286-8642 for more information.

*Ads can be submitted to [editor@tyndall.af.mil](mailto:editor@tyndall.af.mil). Ads are run free of charge on a space-available basis for military, Department of Defense civilians, retirees and their families.*



# Teen center provides place for fun, growth

MARCIA ROBERTSON  
325th Services Squadron marketing

There's a thin line between independence and irresponsibility, between becoming self-reliant and being unreliable, between darting to a safe haven for support and refusing to stand on your own two feet. Understanding these differences takes time and some people never seem to realize the distinctions. The Tyndall Teen Center wants to ensure that base teens do discover these differences. By providing young adults a place where they can learn new skills and assume new responsibilities, the teen center is helping teens and their parents plot a course through the confusing territory of growing up.

"We started the teen center because it is essential for this age group to have a place which is dedicated to their needs and interests," said Alma Hooks, 325th Services Squadron director of youth programs. "We understand that many teens aren't comfortable at the youth center because

of the younger children who are there. Having a teen center eliminates that problem."

The teen center opened last year. It has undergone several changes in the intervening time including the hiring of a new teen coordinator. Michelle Pierce, who holds a master of social work degree from Florida State University, came to the teen center in August. She previously served in the military and worked for several years with at-risk teens in the civilian community.

"I think having a background with the military helps," Ms. Pierce said. "It makes it a little easier to understand some of what life is like for the teens."

While the teen center is designed to give youth a place to experience independence, it is also geared to cultivating life skills and expanding knowledge about the way the world functions.

"We host classes on college and career choices," Ms. Pierce said. "We also try to educate teens on the democratic process, such as voting and the governmental process."

Opportunities to develop leadership and service skills are many. The Teen Council, Keystone Club, TRAIL (Training Responsible Adolescents In Leadership) and the Congressional Award program all encourage teens to take a committed role in their own development while helping their community. But the teen center programs also focus on fun. Special activities are scheduled each month.

"We have game night, movie night and events such as pool tournaments," Ms. Pierce said. "We also plan a number of field trips such as touring Florida State's campus in Panama City and going to some local amusement parks."

Although Ms. Pierce has been developing the teen center agenda thus far, the



Photos by Marcia Robertson

Tyndall teens enjoy a game of pool at the base's teen center.

goal of the teen program is to rely heavily on the teens themselves to give the center direction.

"We've just elected new officers for the Keystone Club," Ms. Pierce said. "These individuals will act as the officers for the center as well. We want to give teens a sense of ownership in what happens here."

"The teen center isn't just for the teens who live here on base," Ms. Pierce continued. "Dependents of people who are active duty, retired, civil service, non-appropriated funds or base contractors can use the center also."

Although the teen center already has much to offer base youth, the goal is to expand the services the center can provide.

"We're hoping to add computers to the center and get Internet access," Ms. Pierce said. "That way, kids can do research for school and contact deployed parents via e-mail."

Ideally, the teen center will be a place

where teens will want to hang out at, and at the same time their parents will feel comfortable having them there.

"Parents should feel at ease about having their children here," Ms. Pierce emphasized. "We offer freedom with supervision and a chance to develop in many life areas. Letting teens have a center of their own also gives the adults some stress relief knowing their children are in a safe environment."

"Teens can expect the center to be a place where they can have fun and get away from their parents," Ms. Pierce continued. "They can socialize with peers that they may not meet in school. And again, there's the opportunity to develop many life skills. Kids may not realize these skills are important now, but in a few years, they will."

The teen center is open Tuesday through Thursday from 4-8 p.m. and on Friday and Saturday from 4-10 p.m. For more information, call the teen center at 283-0295 or the youth center at 283-4366.



Teens play basketball at the teen center.

Sports standings									
Over 30 basketball			COMM	0	4	OSS	2	1	
The following standings are current as of Dec.							MDG	2	2
4				Regular basketball			1 AMU	2	2
Team	Won	Lost	The following standings are current as of Monday.			MXS	2	2	
CONR	3	0	Team	Won	Lost	SFS	1	2	
MSS	2	0	ACS	4	0	RHS	1	3	
1 AMU	2	1	COMM	3	0	CONS	1	3	
SEADS	2	1	SVS	3	0	95 AMU	1	3	
ACS	1	2	WEG	3	1	MSS	0	3	
MOS	0	2	CES	2	1	83 FWS	0	4	





# Funshine NEWS

December 13, 2002

This page is produced by the 325th Services Marketing office, 283-4565.

## Electrified Membership Drive

One new member & one current member per command will win:

### Grand Prize

Sony 32TS1 Plasma TV  
Bose Lifestyle 28 Home Ent. System  
Monster Cable M1000i  
Monster Power MPB2100

**Current members are already entered to win!**

**Through December 20**

**An additional drawing will be held to award a Tyndall Member a Breitling Watch.**

Just pick up an application from your club and sign up now through December 20 to be eligible for the random drawings.

Sponsored in part by: **First USA & Ted's Jewelers**  
No federal endorsement of sponsors intended.

## Celebrate the New Year!

**at your Club! Dec. 31, 2002**

**Reservations Encouraged...**



### The E Club

Doors Open @ 8 p.m.  
Resolve to be there!

#### Advance Ticket Purchase:

**Couples** \$18.00  
**Singles** \$11.00

At the door \$12 per person  
After 11:30 p.m. \$8 per person

### Members First!

Show your club card to receive  
\$5 off Couples Price  
or \$3 off Singles Price.

### The O Club

Doors Open @ 8 p.m.  
Resolve to be there!

#### Advance Ticket Purchase:

**Couples** \$21.95  
**Singles** \$12.95

At the door \$13 per person  
After 11:30 p.m. \$8 per person

Hors d'oeuvres, Party Favors, Music  
and Celebration followed by a  
Breakfast Buffet @ Midnight

Reservations thru Dec. 21:  
**283-4357**  
Reservations from Dec. 23-27:  
**283-4054**

## Tyndall Enlisted Club Steak-Out Zone

**Every Friday**

5:30-8:30 p.m.

**Only \$5.95**

**283-4357**



## Have a Birthday Party at Raptor Lanes

Economy Party - \$22 ■ Custom Party - \$39  
Deluxe Party - \$59  
Birthday child must be 16 years old or younger. Your child will love the Bowland 3-D Animated Graphics. They're awesome!

**283-2380**

## Passport to Adventure

**Validate Your Passport NOW**

**for a Chance to Win These Great Prizes:**

A Cruise for 2 on the Riviera  
A Cruise for 2 on the New England Coast  
To get your passport and information on how to play stop by Information,

Tickets and Travel or call:

**283-2499**

## Community Activities Center Pigskin Picks

Sponsored in part by:  
AAFES, Hodge Barb-Que & The Chefs Shop.  
No federal endorsement of sponsors intended.

Call for more information:

**283-2495**

## All Ranks at the O Club Super Sunday Brunch!

**December 15, 10 a.m.-1 p.m.**

**\$8.95\*** Champagne Available - add \$3

### Menu Includes:

Carving Station	Sausage	Fresh Fruit
Omelets ( <i>made to order</i> )	Bacon	Muffins
Belgian Waffles	Hash Browns	Danish
		Biscuits & Gravy

\*Members, show your club card to receive a \$1 discount!



## Sand Dollar Inn

☎ 283-4211

### Holiday Guests

Sponsor a guest into Sand Dollar Inn for the Holidays.

## Honor Guard

☎ 283-4405

### Assistant NCOIC Needed

Minimum SrA 5 level with at least one year retainability. Experience in honor guard preferred but not required. Duty resume needs to be turned in to NCOIC Honor Guard SSgt Sparks NLT Dec. 16. Contact honor guard at [honorguard@tyndall.af.mil](mailto:honorguard@tyndall.af.mil), or call 283-4405.

## Vet Clinic

Call the vet clinic for information on sales and specials!

**283-2434**



## Raptor Lanes Base Championship Bowling Tournament

**January 18 at 10 a.m.**

Open to all eligible Raptor Lanes bowlers.



**283-2380**

Sponsored in part by: Anheuser Busch, Columbia 300  
No federal endorsement of sponsor intended.

## Tyndall Clubs Host



The CAC will be open **Sundays, 12-7 p.m.** during football season (Through January 26)

## Watch the multi-game action at the CAC Pizza Pub!



### Win a trip to:

49ers vs. Cowboys game  
Super Bowl  
Pro Bowl  
San Francisco to meet 49ers Terrell Owens

**For more information call 283-3222**

Sponsored in part by: American Airlines, Double Tree Alana Hotel Waikiki, Miller Lite, First USA Bank, Destination Arlington, TX  
No federal endorsement of sponsors intended.

Want to keep up with "What's Happening" at Tyndall? Send us your email and we will add you to our weekly mailing.

[whats.happening@tyndall.af.mil](mailto:whats.happening@tyndall.af.mil)

or call us at **283-4565**

Check us out on the world wide web:  
[www.325thservices.com](http://www.325thservices.com)

## Bonita Bay

☎ 283-3199

### Hayride & Marshmallow Roast

Dec. 21, 5 p.m. Cost to participate is one canned good per person to be donated to the 1st Sgt's food bank. Enjoy hot chocolate and marshmallows at the end of the ride.

### Sealed Bid Auction

(2) 1997 17' Sunbirds with 60 hp Mercury Mariners. Minimum bid \$500 each. No trailers. Sold as is.

(1) 150 hp Mariner motor. Min. bid is \$400. Bids must be made in person during operating hours. Items will be on display and marked. Winners will be notified Dec. 20 and must provide all manpower and transportation necessary to remove items.

### Swim with the Manatees

Feb. 9-12, Cost per person is \$185 and includes 3 nights accommodations, transportation, 2 half day boat rentals, wet suit, dry bag, mask, fins, snorkel, admission to Homosassa State Wildlife Park and Tampa State Fair. \$25 non-refundable deposit now reserves your seat.

## Library

☎ 283-4287

### Book Sale

A used book sale will be held Dec. 12-15 during regular operating hours. Stop by for a great deal!

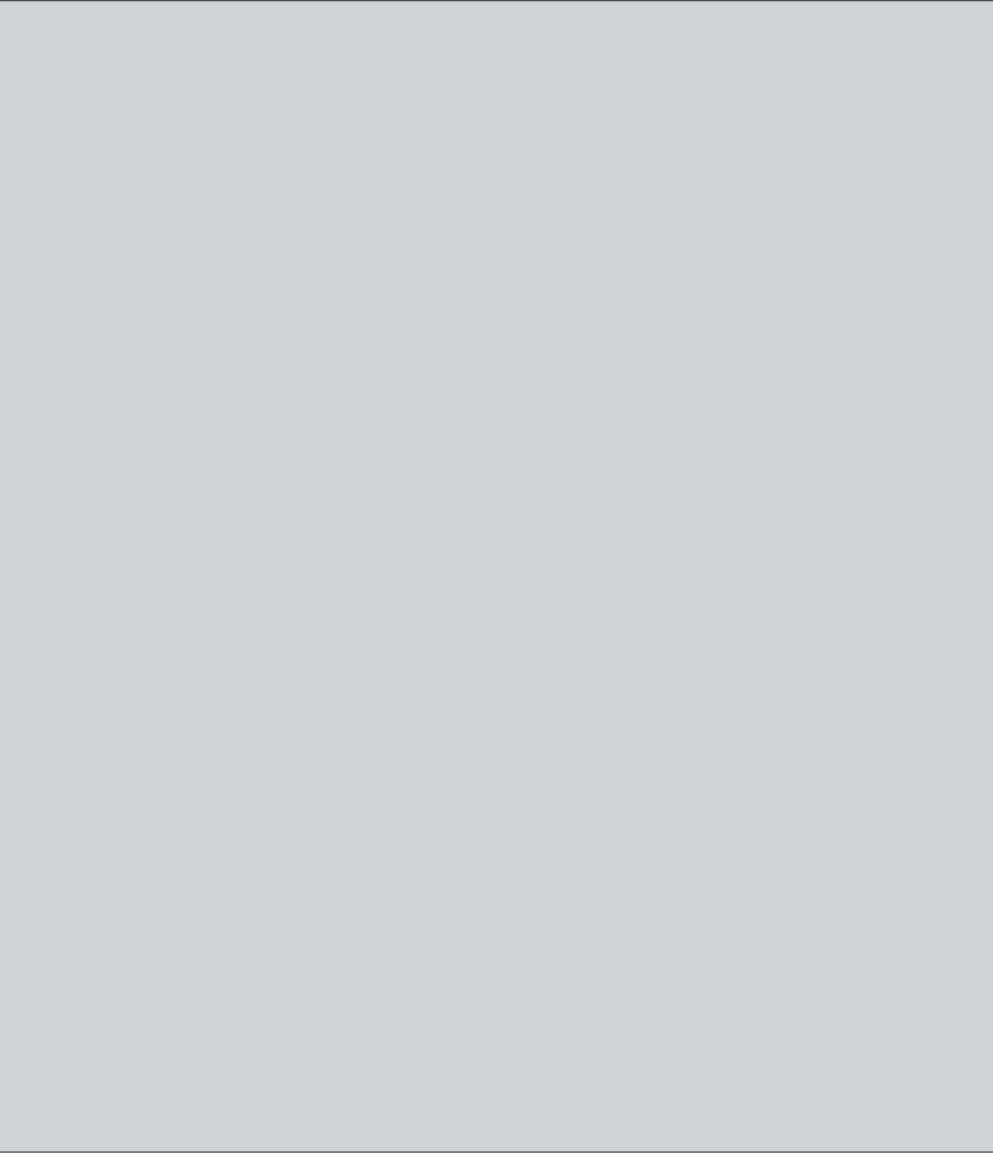
## Skeet & Trap Range

☎ 283-2499

### Turkey Shoot

Dec. 14. Call for details





Tech. Sgt. Dan Neely

# Present arms

Team Tyndall members now have the opportunity to render honors during Retreat sounded at 5 p.m. weekdays over the Giant Voice System. When outside, military members must salute when the national anthem is played. Civilians should stand still and place their right hand over their heart. Motorists should stop, turn off their radio and sit quietly until Retreat has ended.

